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vegetables and the third day regular meals may be resumed; the longer the fast, the more days must be used in the indulgence of fresh fruits.

It takes one to three years to cleanse the system of mucus and to be firmly established on the road to health.

Because of the fact that the fasting cure is mainly a rest cure, the patient should avoid too much exercise with rest in bed whenever he feels so disposed, and plenty of relaxation and sleep are essential to free himself from tensions.

It is of the utmost importance that daily enemas be taken during the fast to free the body of any accumulated waste that may have broken lose (as no bulk will be taken into the body at this time to clean this waste out in the ordinary fashion). From one to two quarts of water should be taken into the colon, adding the strained juice of one lemon to the lukewarm water. If the colon is very irritated, it has been found very good to add a tablespoonful of honey to the quart of water.

The body in which we live is our most precious possession (without it here on earth, there is very little we can do). It should be our duty to take good care of it by keeping it well nourished, internally and externally clean and by giving it the necessary amount of fresh air, rest as well as plenty of exercise. It is a very well-known fact that the more physical labor a man does , the more food in the proper quality he should eat; but it is unfortunately true that the vast number of people, after reaching adulthood, TAKE HARDLY ANY EXERCISE AT ALL, AND YET EAT LIKE GLUTTONS. People that live a sedentary life should eat very little food, yet nine out of ten people in this class eat just as much as one doing hard labor. If no body tissue is broken down, none need be replaced; we eat merely because we like eating and that today may be our last day on earth.

This is the truth as seen by the author and does not necessarily represent the beliefs or the opinions of the Masters or the Aquarian Foundation.

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SPIRIT MATERIALIZATION PHENOMENA THROUGH EVA C.

EXCERPTED FROM
THIRTY YEARS OF PSYCHICAL RESEARCH
BY
Nobel Prize Winner, Dr. Charles R. Richet

Master Kumara was very excited upon finding the following excerpt from Thirty Years of Psychical Research, by Dr. Charles Richet, London: Collins, 1923.

We feel very fortunate in passing on Master Kumara's find to you.

Dr. Charles Richet, 1850-1935, received the 1913 Nobel Prize in Physiology and Medicine for his research on Anaphylaxis (the sensitivity of the body to foreign protein). He also researched the nervous system and its operation in connection with anesthesia, neuro-muscular stimuli, and serum therapy. He wrote fifty books on subjects pertinent to physiology, and also conducted psychical research, writing papers concerning these experiments.

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Spirit Materialization Phenomena Through Eva C.

Excerpted from Dr. Charles R. Richet's writings in THIRTY YEARS OF PSYCHICAL RESEARCH

THE ECTOPLASMIC MATERIALIZATIONS OF EVA C.

By Charles Richet

The materializations given by Marthe Beraud are of the highest importance. They have presented numerous facts illustrating the general *processus* of materializations and have supplied metaphysic science with entirely new and unforseen data.

After these strange facts had been verified by General and Mme. Noel in a series of experiments lasting nearly two years, M. Delanne, the editor of the *Revue du Spiritisme*, and myself were invited to Algiers. The first experiments at which I was present impressed me greatly, but I always distrust first impressions. In the following year, I returned to Algiers resolved to repeat the experiments under more rigorous conditions.

The medium was Marthe Beraud, the daughter of an officer, betrothed to General Noel's son, who died in the Congo before the marriage. She is a very intelligent and lively young lady, wears her hair short, and is a bright-eyed brunette. Subsequently to the Algiers experiments she has given proofs of strong mediumistic powers. She was the subject observed by Mme. Bisson and Dr. Shrenck-Notzing under the pseudonym of Eva.

The experiments in Algiers were held in a small, isolated building over a stable. The window was blocked up and remained shut at all times. The only door was locked at the beginning of every seance. It is the only room in the building, and before every seance everything was minutely inspected by Delanne and myself. Two curtains were stretched across one corner of the room, the curtain being about two and a half yards long, so as to make a kind of dark cabinet. We sat about half a yard, or even sometimes nearer, in front of these curtains. Those present were General and Mme. Noel, Mlle. X., Delanne, and myself, also Marthe Beraud's two younger sisters, Marie and Paule, who sat far from the curtain. Light was given by a photographer's red lamp. Within the curtains were two chairs, minutely inspected, one for Marthe and one for a Negress, Aischa. The part played by Aischa seems absolutely nil. Mme. Noel made a point of her being present, but our best results occurred in Aischa's absence.

Everything that took place in the room could be seen perfectly well, and I am absolutely certain that no stranger could enter during the seances.

As Marthe was not tied, nor her hands held, the conditions of control were less severe than in Eusapia's case; they were, however, strict enough to allow of a definite opinion.

After a variable period, sometimes immediately, sometimes after an hour, or even two hours, the curtains drew apart, and we could see Marthe and Aischa each sitting on her chair seemingly asleep. It is needless to add that after each seance everything was minutely examined. Marthe was not undressed, but in that very hot climate she wore only a thin dress, and as I made magnetic passes over her to awake her from trance, I could be sure, by passing my hand all over her body, that she had nothing on her but this thin garment.

It is, therefore, established that there was no instrumentation and no theatrical accessories that the medium could use, and that no stranger could enter the room.

The materializations produced were very complete. The phantom of Bien Boa appeared five or six times under satisfactory conditions in the sense that he could not be Marthe masquerading in a helmet and sheet. Marthe would have had not only to bring, but also to conceal afterwards, the helmet, the sheet, and the burnous. Also Marthe and the phantom were both seen at the same time. To pretend that Bien Boa was a doll is more absurd still; he walked and moved, his eyes could be seen looking round, and when he tried to speak his lips moved.

He seemed so much alive that, as we could hear his breathing, I took a flask of baryta water to see if his breath would show carbon dioxide. The experiment succeeded. I did not lose sight of the flask from the moment when I put it into the hands of Bien Boa who seemed to float in the air on the left of the curtain at a height greater than Marthe could have been even if standing up. When he blew into the tube the bubbling could be heard and I asked Delanne, "Do you see Marthe?" He said, "I see Marthe completely." Aischa was far off and could be seen clearly, asleep in the other corner of the cabinet. I could myself see the form of Marthe sitting in her chair, though I could not see her head and her right shoulder.

However striking this was, another experiment seems to me even more evidential: Everything being arranged as usual (except that Mlle. K., being indisposed, was absent), after a long wait I saw close to me, in front of the curtain which had not moved, a white vapour, hardly sixteen inches distant. It was like a white veil or handkerchief on the floor. This rose and became spherical. Soon it was a head just above the floor; it rose up still more, enlarged, and grew into a human form, a short bearded man dressed in a turban and white mantle, who moved, limping slightly, from right to left before the curtain. On coming close to General Noel, he sank down abruptly to the floor with a clicking noise like a falling skeleton, flattening out in front of the curtain. Three or four minutes later, close to the general, not to me, he reappeared, rising in a straight line from the floor, born from the floor, so to say, and falling back to it with the same clicking noise.

The only un-metapsychic explanation possible seemed to be a trap-door opening and shutting: but there was no trap-door, as I verified next morning and as attested by the architect.

Delanne saw the same phenomenon, but as he was a little farther off than myself, he could not see the emergence of the phantom from the floor as well as I could.

It seems to me impossible, however slight and supple Marthe may be, that she should creep under the curtain without disturbing it and give the illusion of a person rising straight from the floor; and how can the head, standing as if decapitated, be explained, and the sinking into the floor afterwards, when very shortly after we saw Marthe sitting quietly in her chair, asleep.

Several photographs were taken by Delanne and myself, stereoscopic and other. They show some interesting details on which Sir Oliver Lodge has made acute criticisms, saying that they were the best metapsychic photographs that he had seen.

The softness and semi-vaporous outline of the hands are curious; likewise the veil surrounding the phantom has indeterminate outlines contrasting strongly with the sharp outline of Aischa's shoulder. A thick, black, artificial-looking beard covers the mouth and chin. A whitish fluidic mass is noticeable in front of the curtain. This cannot be a photographic error, though we only noticed it on the plate; it appears on both photographs taken with different cameras. The plane of the phantom is in front of Marthe. Bien Boa would seem to be a bust only floating in space in front of Marthe, whose bodice can be seen. Low down, between the curtain and Marthe's black skirt, there seem to be two small whitish rods like supports to the phantom form.

The only defective side to the experiment as evidenced by the photograph is that Marthe's left arm which seems resting on Aischa's chair appears empty, though the vacuity is not complete; but Marthe's bodice, knees, and body are so clearly discernible that this apparent emptiness of the left sleeve does not seem to be a serious objection, though I am careful to draw attention to this point.

It is absolutely impossible that this phantom should be a stranger invading the cabinet; and it is impossible that Marthe could have invested herself with a helmet and sheet, and induce at the same time the white cloud in front of the curtain. Everything happens as though fluidic vapour emerged from her head and her right side, masking both, and rising into the air without any means of support but her head and body.

At the Villa Carmen I saw another very well-defined materialization, now published for the first time.

On the day preceding my departure, after a long stay at Algiers, Bien Boa, speaking by the voice of Marthe, said, in order to detain me, "Stay! You will see her whom you desire." It will easily be understood that I stayed.

On the next day almost as soon as the curtains were drawn, they were re-opened, and between them appeared the face of a young and beautiful woman with a kind of gilt ribbon or diadem covering her fair hair and the crown of her head. She was laughing heartily and seemed greatly amused; I can still vividly recall her laugh and her pearly teeth. She appeared two or three times showing her head and then hiding it, like a child playing bo-peep. Then she refused to return. The general said to me, "Put your hand behind the curtain and you can touch her hair," which I did; and he added, "It is soft like silk, is it not?" I replied, "Excuse me, it is more like horse-hair," and in fact this was the sensation produced. I then received a light tap on the back of the hand; the hair was felt no more and a voice from behind the curtain said, "Bring scissors tomorrow." I brought the scissors next day. The Egyptian queen returned, but only showed the crown of her head with very fair and very abundant hair; she was anxious to know if I had brought the scissors. I then took a handful of her long hair, but I could scarcely distinguish the face that she kept concealed behind the curtain. As I was about to cut a lock high up, a firm hand behind the curtain lowered mine, so that I cut only about six inches from the end. As I was rather slow about doing this, she said in a low voice, "Quick! Quick!" and disappeared. I have kept this lock: it is very fine, silky, and undyed. Microscopical examination shows it to be real hair; and I am informed that a wig of the same would cost a thousand francs. Marthe's hair is very dark and she wears her hair rather short.

It would seem that the purpose that this Egyptian princess had in mind was that I should cut off a lock of her hair (?), for I saw her no more. Next day, on visiting Mme. Noel who was ill, I half saw, very vaguely, a fugitive form in the dressing-room which vanished as I approached. But my recollection of this is very undefined.

In these experiments, which lasted over four years and were conducted with admirable care and patience, minute precautions were taken against fraud. At each seance the cabinet was closely searched, Eva was completely undressed and in presence of the experimenters clothed in a close-fitting garment covering her from head to foot. Her head was covered in a veil of tulle sewn to the other garment. Her hair, armpits, nose, mouth, and knees were examined; in some cases even examination *per rectum et vaginam* was resorted to. As the materialized substance frequently comes from her mouth, syrup of bilberries was administered, whose deep colouring powers are well known, but notwithstanding this the extruded forms were absolutely white. Experimental rigour was even pushed to the point of giving her an emetic before a seance.

The light in front of the curtain was sufficient to allow large print to be read. Behind the curtain were a red and a white light that could be put on at will. Three cameras, one being stereoscopic, were focused on the cabinet ready to be worked at a signal: sometimes there were as many as nine. Eva, having been undressed in full light and clothed as described above, was brought into the cabinet and the curtains were drawn, the light reduced, and the experiments began.

Under these circumstances it seems physically impossible that any fraud could occur. The notion that an accomplice could enter is absurd; the hypothesis that Eva might bring various objects with her is equally ridiculous. Moreover Eva

lives with Mme. Bisson, who rarely leaves her; the two ladies take their meals together and sleep in the same room. Even making the monstrous supposition that Mme. Bisson is capable of bad faith, she could not have deceived Schrenck-Notzing, Dr. Geley, J. Maxwell, Dr. Bourbon, M. Chevreul, C. de Vesme, G. de Fontenay, and myself for three years, and also others who assisted at the experiments. Add to this that there were seances at Paris, Biarritz, and Munich extending over four years.

The phenomena of materialization produced were most striking.

When Dr. Richet was 34, he attended sittings with the famous physical medium, Eusapia Palladino.

The word "ectoplasm" was coined by Dr. Richet to describe what he saw manifesting during his physical phenomena research in psychical experiments. Ectoplasm appears to be a thin white fluidic, musky-smelling substance similar in construction to protoplasm, which spirit communicators draw from a medium's nervous system during a physical phenomena seance. The spirit beings would then cloak themselves in it, and thus, become temporarily visible. Scientists have observed over the years that white light often has a destructive effect on ectoplasm, just as white light has an actinic effect on photographic film. Ectoplasm is essentially linked with the nervous system of the medium. Flashing white light on the ectoplasm during a seance can seriously injure and even kill the medium. Art Kurus and Bertha Livingston, two members of the Aquarian Foundation, were present when a Seattle medium was killed during a seance when someone struck a match. Famous mediums Jack Webber and Helen Duncan were seriously injured when persons flashed on a white light during their seances.

Dr. Richet noted that the ectoplasm would apparently change into physical flesh and blood, clothing, metal, etc., during the spiritual manifestations. Sometimes, it would be cold, sometimes warm. Sir Arthur Conan Doyle was allowed to feel it once during an Eva C. seance, and he said it felt like a living substance. Many researchers have corroborated this type of experience through Europe, and the Americas.

Sir William Crookes, the great English Chemist and Physicist, who invented the spinthariscope, which led to the discovery of the X-ray, and who discovered the element thallium, researched the famous 19th Century mediums, D.D. Home and Florence Cook. Through D. D. Home, "Messenger of Divine Providence," he witnessed a partially materialized ectoplasmic hand play an accordion in good light; and through Florence Cook, he witnessed the spirit Katie King materialize and de-materialize on many occasions.

Katie King, the daughter of the famous sea pirate, Henry Morgan, would, during the sittings with Sir William Crookes, regale his children with fascinating tales of India and Katie's life. On one occasion, she even sat down to dinner with the scientists. The psychical research problem is: What happened to the food the physically materialized spirit ate during the seance? When this question was asked of Katie King many decades later during a Master Kumara seance, she replied that the food was converted to ectoplasm, and absorbed into the body of the medium.

Another time, Crookes discovered that a large, irregularly-shaped piece of the black dress of Katie's medium, Florence Cook, was de-materialized during a seance. Apparently, the material of the dress itself was used as energy to create the white dress of the spirit. She often showed herself and her entranced medium at the same time.

The most tested physical phenomena adept-medium of the last half of the 20th Century is Master Kumara (Rev. Keith Milton Rhinehart), spiritual founder of the Aquarian Foundation, whose ectoplasmic phenomena passed the stringent tests of many scientists around the world. On one occasion, in Cairo, Egypt, at the Medical Doctors' Club, Katie King, the spirit, materialized again (in 1957) and floated out of the cabinet (the Holy of Holies, the "vail" mentioned in the Bible) and showed her face to Dr. Aly Rady, Ph.D. and other researchers there.

MATERIALIZATION, AND CLAIRVOYANT APPEARANCES IN THE BIBLE

An angel appeared to Hagar, Gen. xvi; three came to Abraham so perfectly materialized, that "they did eat," Gen. xviii; and again wrestled with Jacob, xxxii, 24; an angel spoke to all the people, Jud. ii; came and sat under an oak and talked to Gideon, Jud. vi; to Monoah, xii; the spirit of Samuel conversed with Saul, I Sam. xxviii; an angel came to feed Elijah, I Kings xix-5-8; protected the three Hebrew children from fire, Dan iii. An angel appeared to Joseph in a dream, Matt. i; Moses and Elias appeared on the Mount; an angel appeared to the two Marys at the spulchre; to Zacharias, Luke i; to Mary, Luke i; to the shepherds, Luke ii; to Mary Magdelene, John xx; opened the prison doors, Acts v; to Cornelius, Acts x; to Peter in prison, Acts xii; to Paul in "vision," Acts xvi and xxvi; and see Deut. iv-12. A "materialized" book was shown, Ezek. ii-9. Joshua saw and conversed with a spirit who held a drawn sword in his hand, Josh. v-13; and in Amos, it is said the "Lord stood upon a wall *made* by a plumbline, with a plumbline in his hand." Samuel appeared "covered with a mantle." A spirit appeared to Daniel "clothed in linen, whose loins were girded with fine gold." Luke ix, 12-17. Making wine at the marriage feast. John ii, 1-9. And, lastly the several materializations of Christ after the crucifixion.

Teachings of the Ascended Masters – Aquarian Foundation – Rev. Keith Milton Rhinehart

TAPES: as of September 21, 1999 in Colleen & Claytons library.

Date Code	TITLE – Master Teacher
59-12-20-U08	Vortheo the fourth Wiseman – Master Vortheo,
M62-3-12-x6&7	Occult Teaching of the Masters – Various Masters (2 tapes)
M62-4-23-EE6	Occult Teaching of the Masters – Various Masters
62-5-7-W1	Trancendentalism of the Great White Brotherhood – Unknown Master
M62-5-13-X10	Occult Teachings of the Masters – Master Punjar – The root of evil
M62-5-21-x8	Occult Teachings of the Masters – Various Masters
M62-12-9-EE4	Occult Teachings of the Masters – Various Masters (2 tapes)
63-4-14	Kundalini Force and Correlation of the sex force – Master Joseph
D63-4-6-Y3	Conquer Desire and Be – Master Isaiah, On Understanding – Unknown Master
D63-6-29-y1	Release from Limitation – Master Koot Humi
D63-8-10-aa1	The Uses of Meditation – Master Emil
63-8-24	Diet – Master Saul
63-8-25	A New look at Reincarnation – The Unknown Master
64-1-4-aa4	Change-Transmute-Accept – Master Koot Humi, Aldous Huxley, Abraham Lincoln, Paramahansa Yogananda, Master Rama
64-1-5-h9	Happiness, Is it Tranquility, Ecstacy or Something Else? – St Germaine
64-4-12	Gearing the Mind to Knowing and Living the Truth – Master Imperator
64-5-3-aa5	Lifting the Veil and Finding Truth through Meditation – Master Sheikarmantu and Rama
64-5-17-aa9	New Thought on Search for Truth, God, or Peace – Master Emil and Babaji
64-8-22-y4	On the 7 Root Races – Master Odyssa
65-12-26-i9	Spiritual Awareness – Master Emil
66-6-26-z2	Spirit Controls – Their Work and Use with Mankind – Master Sheikarmantu
66-10-22	The Eternal Questions – Unknown Master
70-3-12	Life Stream Karma and Purpose – Master Jacobus
70-6-28-108	Shamballa and the Ascended Masters – Master Emil
70-10-19-n5	One of the Principles of Ascension – Master Emil
M70-10-25-n8	Spiritual Energies and Healing Power – Master Odyssa
70-11-22-z5	Service and Realization of Unity – Babaji
M70-12-20-t9	The Birth of Christ in You – Sanat Kumara
71-1-10-P-D09	Spacecraft Communication – Master Ashtar
71-2-7-L1	The Masters Sacred Tools – St Germaine
71-2-28	Become Visionary and Fulfill your Vision – Master Emil
72-4-9-g3	Maha-Christos Immortality – Lord Maitreya
72-5-28	Breastplate of the Bible – Master Imperator
72-9-15-b4	Soul Mates and Twin Rays – St Germaine, Lady Rasha, Master Odyssa (2 tapes)
72-9-17-W8	Decrees for levitation of the body – Sanat Kumara
73-5-7-r10	Balance, Harmony and Order – Master Babaji
74-2-17	Importance of various bodies and colors – Master Morya
74-7-14-c2	A space master speaks – Master Clarion
75-2-2-A05	The Ultimate Bliss - Archangel Gabriel
75-4-13	How to protect a séance or a persons aura from attack by earth bound entities- St Germaine
75-5-19	Decrees to Relieve Crisis – St Germaine
75-6-1	Victory vs Error - Master Elijah
75-6-2-P5	Cosmic Conciousness and the Maha Cohan – St Germaine
75-6-15	Nuclear War – Master Emil
75-9-7-z2	Activating your Place in God's Plan on Earth – Unknown Master
75-11-10-bb2	Special Scorpio Birthday Greetings – Dr. Kensington and Sanat Kumara
76-9-26-hh1&2	Marriage in Life and After Death – Master Immanuel, A Marital Prayer – St Germaine

	Orderliness Through Discipline – Master Babaji
76-9-26-gg2	Translating the Ageless Wisdom – Master Rameses
76-10-3-gg3	The Immortality of the Love Relationship – Master Odyssa
76-10-10-hh3	Confronting personal Karmic Residues – Master Koot Humi
76-10-10-gg4	The Nature of Physical Immortality – Master Koot Humi
76-10-18-hh6&7	Teachings of the Masters through Ques & Ans. – St Germaine
77-1-23-114	??? ??master?? (2 tapes, part 1 missing)
77-4-10-kk2	Higher Spiritualisms Message – Master Immanuel, Commitment, Devotion, Sacrifice – Master Jesus, I am Bells of Victory – St. Germaine
77-9-7-kk6	The Nature of Relationships – Master Kumara (2 tapes)
77-9-25-LL4	The secret of the star of david revealed – Master Elijah
78-1-22-nn1&2	The Precious Truths Guaranteed to Lengthen Your Life, Liberty and Happiness in Every Age – The Unkown Master (2 tapes)
78-1-29-NN3	The Ascended masters-views on Atheism, Deism, Religion, God, The Aquarian Foundation, Pleasure, Teas, Spices, Sexuality, Psychic Phenomena and Love – Archangel Gabriel (2 tapes)

TAPES without date codes

1)	This is reality – Dr. Robert John Kensington
2)	Astral Projection to the Moon, other planets and beyond the stars – Master Ashtar, Emmanuelle Swedenborg, Various Masters

WRITTEN LESSONS

Date Code	Title-Master Teacher
???	The Religious Life – Master Odyssa
???	Legends of Venus – Venuso
???	Suffering and the I AM – Master St Germaine
???	Holy Communion – Mahatma Ghandi
???	The Love that Never Fails – Master Odyssa
???	White Fire – Master Morya
???	A Prayer – KMR
???	The Conquest of Age, Disease and Death through Mastership – Master Emil
???	The Singing Stone of Edgar Cayce – Edgar Cayce
???	The Masters and the Space People – Dr. Robert John Kensington
???	The Famous major fault séance – St Germain and Babaji
???	Ancient Wisdom of Egypt – Master Zoser
???	Discovering the Power of Healing – Master Zoser
59-1-4	The Aquarian Age – Dr. Robert John Kensington
59-2-22	The Use of the Mandala – KMR
61-10-1	Truth and Enlightenment – St Germaine
61-10-8	Reflections of Atlantis and the Past – Master Koot Hoomi
63-6-9	The Hall of Images – Master Koot Hoomi
64-7-19	The Thunderous Silence – Unkown Master
70-6-14	A Karmic Study in Patterns – Mother Shipton and Master Nostradamus
70-8-9	One Small Tear – Babaji
71-5-16	Divine Love is the Way – Jesus
71-5-23	Beyond Space and Time – Master Emil

WRITTEN LESSONS - MASTER CLASS

57-1-21	?
57-2-4	?
57-2-18	Soul Unfoldment – Master Jeremiah
57-2-18	Kundalini Sakti – Master Morya
57-4-7	Reincarnation, Transmigration & Group Souls – Master Koot Hoomi
57-4-15	?
57-4-29	On Health
57-5-5	Migration from Ancient Atlantis – Master Odyssa
57-5-13	Age – Master Morya
57-5-13	Personals
58-7-27	Ring Which Passeth Not – Master Oahspe
58-10-19	Karma Yoga – Master Koot Hoomi
58-10-13	Questions and Answers – Master Morya
58-11-10	Symbolism of the Moon – Master Hilarion
58-11-16	Questions and Answers – Master Morya
59-3-2	Obsession and Possession – Master Koot Hoomi
59-3-8	GOD – Master Morya
59-4-13	GOD – Master Morya
59-4-27	Hell – Master Odyssa
59-8-9	?
59-8-9	KMR
59-8-31	Master Morya
59-11-23	Master Odyssa and Abraham Lincoln
59-11-29	Master Odyssa and Abraham Lincoln
59-12-21	Master J – his life and studies – Jesus
59-12-27	Jesus
60-4-17	Jesus
60-8-29	Master Odyssa
61-2-5&13	Master Class Summary Master Ramanondo
63-2-17	The Physical Body – Lady Rasha
63-3-3	Master Rahona
63-3-11	Personal Messages – Master Odyssa
63-7-15	Personal Messages – Master Jacobus

"Cast a mighty anchor of love into the universe! Cast it now from your heart. Cast it by the mighty rope of your love, and let that anchor reach your beloved. And now, by the fires of the heart and utmost devotion to cosmic purpose, by love and love and only love, draw that one—humble or lowly, ascended or cosmic being—wherever and whoever, draw that love to your heart and know the true meaning of Life becoming Life, the true meaning of universal oneness."

—Gautama Buddha

by Anna Marie Bernard

Haven't you ever dreamt of finding that perfect love? The one who could satisfy the intense longing you often feel for wholeness and fulfillment?

Just look around our world. People rushing from relationship to relationship or vicariously experiencing them through movies like *"Love Story"* or *"Somewhere in Time"*—searching for that perfect one. Even if we have forgotten what it is we are seeking, we still keep chasing after *something*—from exercise class to consciousness-raising sessions, from Marriage Encounter to est to Esalen, from racing up the corporate ladder to dashing off to remote corners of the world.

Somehow I always knew that this search centered around loving...and being loved. Yet it took me many years to discover that God, the Master Dramatist, had composed the greatest love story ever written—the drama of twin flames. A story more glorious than you can imagine. A story that involves you, God, the universe, the evolution of earth, and your mission with a very special soul—the other half of yourself, your twin flame.

During my college years I spent hundreds of hours pouring over esoteric books in myriad libraries and bookstores, but I was able to unearth only a few references to soul mates, twin souls, or twin flames.

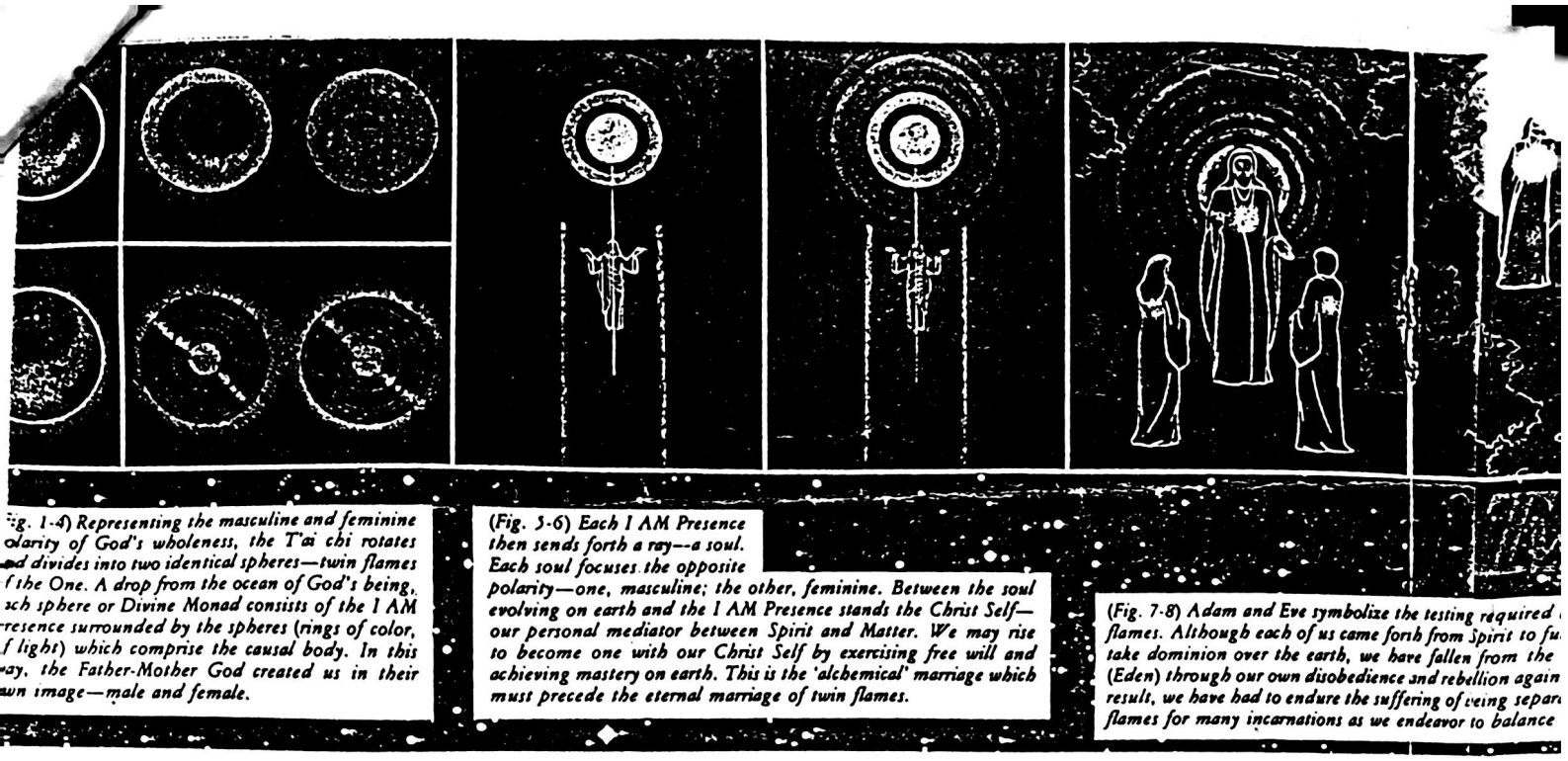
One crisp February morning many years later, as I stepped from the murky basement of the Sphinx bookstore in Cambridge into the welcome sunlight, I saw a blazing pink poster announcing a three-day seminar called "Twin Flames in Love."

I stopped in my tracks. Here it was—three full days of lectures and slides on twin flames, their divine origin and destiny. More important, this seminar was sponsored by the Great White Brotherhood. I knew that if I were to learn the truth about twin flames, it would be from this universal spiritual brotherhood dedicated to the white light of the Christ consciousness in all people.

Three weeks later I took my seat among the hundreds of diverse people from all over the world who had traveled to Miami for this seminar. As the lights dimmed and a hush fell over the expectant audience, Elizabeth Clare Prophet walked quietly to the microphone.

Revolutionary author and educator, president of Summit University, and leader of a worldwide new-age spiritual movement, Mrs. Prophet holds the office of messenger for the Great White Brotherhood. She was here at their behest to present us with an in-depth history of twin flames, an understanding vital in this particular cycle of earth's evolution.

She explained, "At the end of this cycle—now in the Piscean age moving into the Aquarian age—



(Fig. 1-4) Representing the masculine and feminine polarity of God's wholeness, the T'ai chi rotates and divides into two identical spheres—twin flames of the One. A drop from the ocean of God's being, each sphere or Divine Monad consists of the I AM Presence surrounded by the spheres (rings of color, of light) which comprise the causal body. In this way, the Father-Mother God created us in their own image—male and female.

(Fig. 5-6) Each I AM Presence then sends forth a ray—a soul. Each soul focuses the opposite polarity—one, masculine; the other, feminine. Between the soul evolving on earth and the I AM Presence stands the Christ Self—our personal mediator between Spirit and Matter. We may rise to become one with our Christ Self by exercising free will and achieving mastery on earth. This is the 'alchemical' marriage which must precede the eternal marriage of twin flames.

(Fig. 7-8) Adam and Eve symbolize the testing required of flames. Although each of us came forth from Spirit to fu take dominion over the earth, we have fallen from the (Eden) through our own disobedience and rebellion again result, we have had to endure the suffering of being separ flames for many incarnations as we endeavor to balance

people of light and on the Path, no matter what your religion, your meditation, no matter what discipline you come from or if you haven't any, now is the moment when your soul should contact your twin flame."

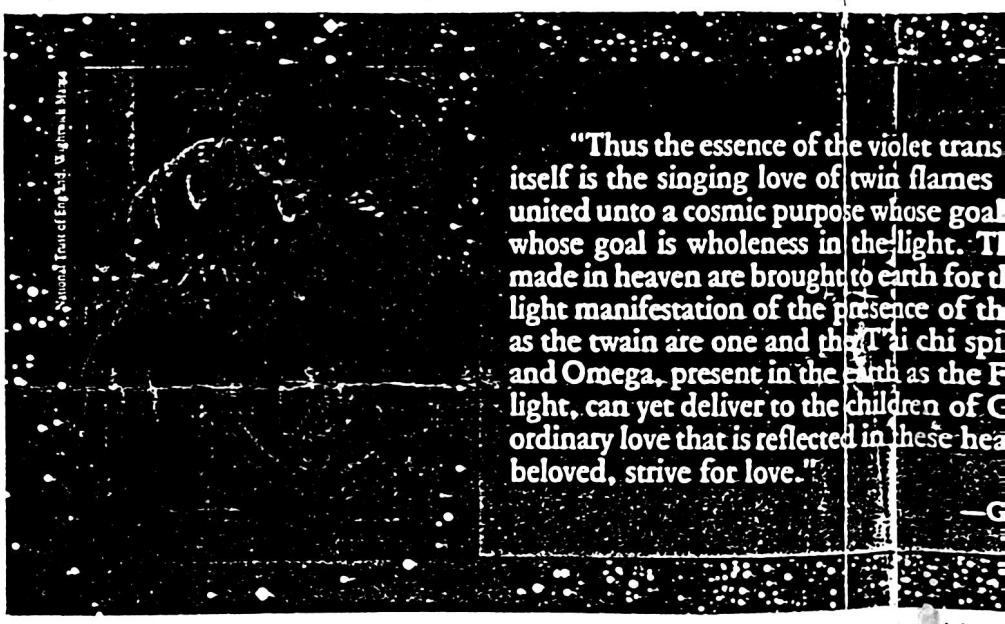
As she went on to unfold the cosmic history lesson, I began to understand that at this moment in the change of cycles, the earth's spiritual overseers are sponsoring twin flames who volunteered for vital missions in this age of transition—twin flames who will come forward to receive the initiations of the heavenly hierarchy, discover their true identity and mission, and help lead mankind into the Aquarian age.

Aeons ago beyond the confines of time and space, you and your twin flame stood before Alpha and Omega, the Father/Mother God, and vowed to bring to earth a portion of God's creativity—to bring energy from the Spirit plane of your being, your I AM Presence, into the world of form for action, for good works—and then to return to the plane of Spirit having mastered time and space.

Learning to translate spiritual energy to the physical plane required a series of incarnations in both masculine and feminine embodiments. In this way, each twin flame had the opportunity to reflect the fullness of the Father/Mother God.

Had we remained in constant harmony, we would have shared the beauty of the relationship of cosmic lovers throughout our many incarnations on earth. But as soon as we lost our harmony with each other and with God—through mistrust, through fear, or through a sense of separation from our divine identity—we allowed darkness to enter our lives, creating worlds of negative energy between us and our twin flame. We found ourselves farther and farther apart until we passed as ships in the night, tragically unaware of each other's existence.

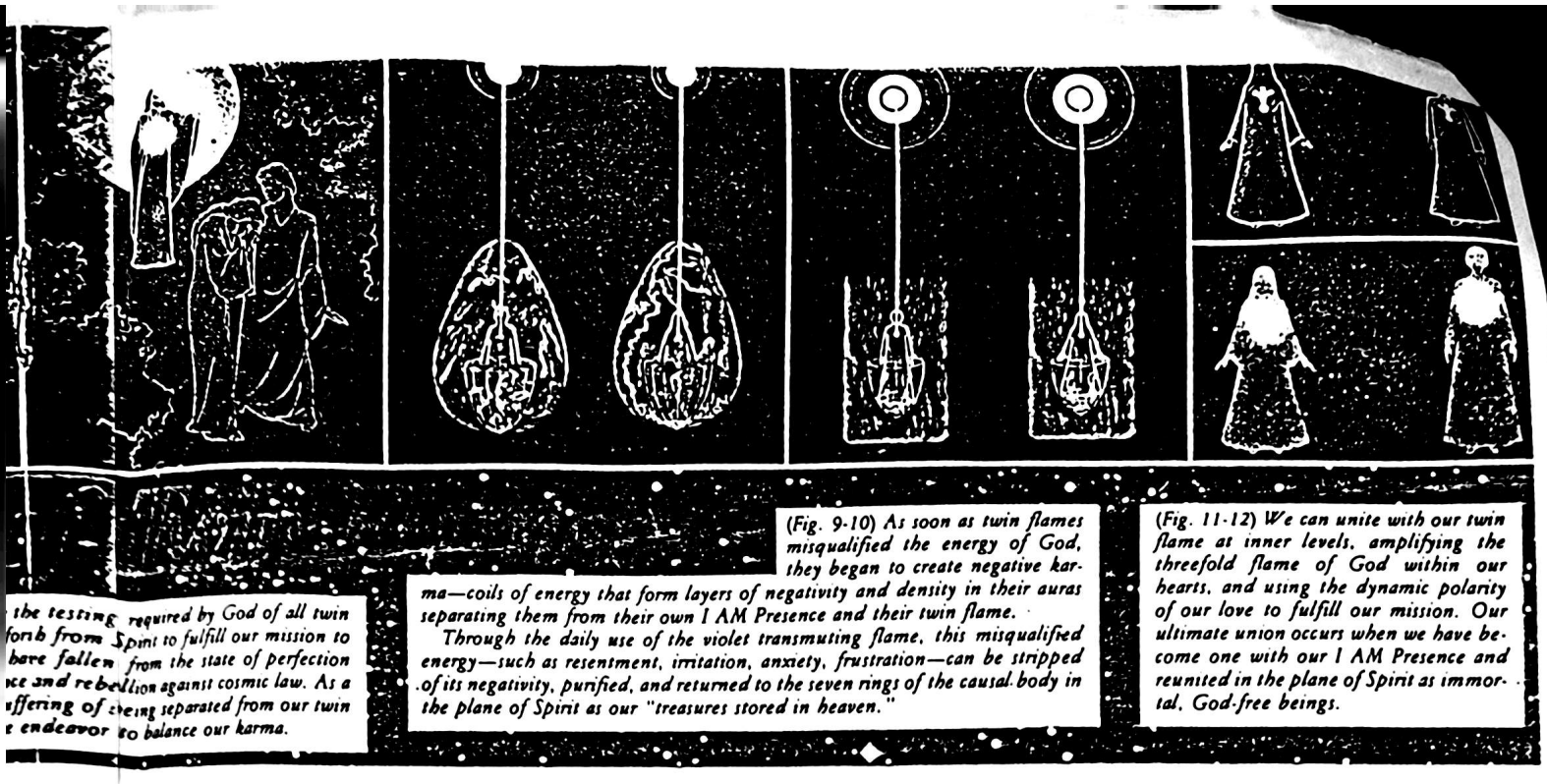
Each incarnation apart from our twin flame was spent either creating negative karma or balancing some of the karma that stood in the way of our reunion. At times we assumed various relationships with our twin flame—husband/wife, mother/son, father/daughter, and sister/brother—in order to unwind the negative strands of energy we had woven into our subconscious through our misuse of free will.


© National Trust of England, Wightwick Manor
"Thus the essence of the violet trans
itself is the singing love of twin flames
united unto a cosmic purpose whose goal
whose goal is wholeness in the light. T
made in heaven are brought to earth for t
light manifestation of the presence of th
as the twain are one and the T'ai chi spi
and Omega, present in the earth as the F
light, can yet deliver to the children of G
ordinary love that is reflected in these hea
beloved, strive for love."
—G

Often, when people learn that they share a unique mission with their twin flame, they begin to search physically for that one special soul instead of seeking their wholeness within. This is always a detour on the path to soul liberation.

Alchemical Marriage

Cosmic law requires that we first define our own identity in God before we can completely unlock the spiritual potential of our twin flames. For until twin flames achieve a certain level of mastery and oneness with their own Real Selves,



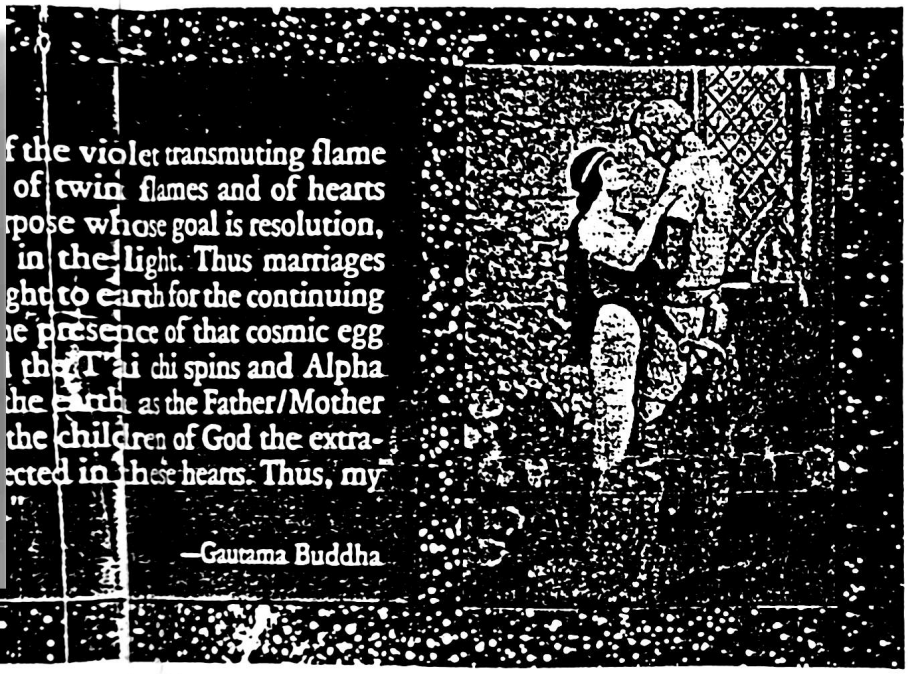
the testing required by God of all twin forth from Spirit to fulfill our mission to have fallen from the state of perfection nce and rebellion against cosmic law. As a uffering of being separated from our twin e endeavor to balance our karma.

(Fig. 9-10) As soon as twin flames misqualified the energy of God, they began to create negative karma—coils of energy that form layers of negativity and density in their auras separating them from their own I AM Presence and their twin flame.

Through the daily use of the violet transmuting flame, this misqualified energy—such as resentment, irritation, anxiety, frustration—can be stripped of its negativity, purified, and returned to the seven rings of the causal body in the plane of Spirit as our "treasures stored in heaven."

(Fig. 11-12) We can unite with our twin flame at inner levels, amplifying the threefold flame of God within our hearts, and using the dynamic polarity of our love to fulfill our mission. Our ultimate union occurs when we have become one with our I AM Presence and reunited in the plane of Spirit as immortal, God-free beings.

they are often unable to cope with the weight of their negative karma amplified by the very presence of their twin flame. The same unique factor that gives twin flames their great spiritual power—their identical blueprint of identity—can likewise cause the amplification of their negative patterns.


f the violet transmuting flame
of twin flames and of hearts
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l that T'ai chi spins and Alpha
the earth as the Father/Mother
the children of God the extra-
ected in these hearts. Thus, my
"
—Gautama Buddha

Ultimately each and every one of us must learn to change the negative patterns—the base metal—of the human ego into the gold of our divine or Real Self. This is called the alchemical marriage—the marriage of our soul, the feminine aspect of our being, to the 'Lamb' who is the real and enduring spiritual self, the masculine aspect. The love of this beloved Christ Self, i.e., that part of us who maintains constant contact with the Source—the I AM Presence—is an incomparable love. This is the Beloved for whom the saints of East and West have given their all.

By daily accelerating consciousness through their communion with God, the saints gradually transcended the human ego. Eventually their souls merged with their real spiritual self as they ascended back to the heart of God. "For this corruptible must put on incorruption, and this mortal must put on immortality."

Inner Contact of Twin Flames

Your twin flame may have already won this soul liberation and reunited with God—or he may still be struggling to find the way. Where your twin flame is—what his state of consciousness is—can greatly influence your own ability to find wholeness.

Because both of you share the same blueprint of identity—like the design of a snowflake, unique in all of cosmos—whatever energy you send forth is imprinted or stamped with that specific pattern. According to the law that like attracts like, all energy you release cycles to your twin flame—either hindering or helping him on the path to wholeness.

When you send forth love or hope, these qualities will uplift your twin flame. But if you are burdened with frustration or hatred, your twin flame will likewise feel the weight of these misqualified feelings. Sometimes the inexplicable joys or depressions you feel are the moods of your other half registering on your own consciousness.

You can accelerate your progress on the Path if—in your prayer, meditation, or dynamic decrees—you call to your I AM Presence for the inner heart contact with your twin flame. You can make the following invocation:

"In the name of the Christ I call to the blessed I AM Presence of our twin flames for the sealing of our hearts as one for the victory of our mission to humanity. I invoke the light of the Holy Spirit for the consuming of all negative karma limiting the full expression of our divine identity and the fulfillment of our divine plan." In this way, even if you live in separate spheres, you can unite spiritually on higher planes and direct light into your own world and the world of

your twin flame for the balancing of mutual karma.

This inner contact magnifies the light and attainment you each have and releases the awesome power of the polarity of your love, enabling you to stand strong against the conflicts that inevitably come to the door of all who would defend love.

Inspired by the grandeur of love, artists, writers, and composers throughout the ages have expressed both love's exalted heights and tragic depths. In many of their masterpieces, we can sense an inner understanding of twin flames, their love for one another, and their encounters with karma and cosmic law.

Mrs. Prophet has interpreted several famous operas from this perspective. Although some of the arias and duets give us a glimpse of the majestic love of twin flames, these stories often end in sorrow, tragedy, or death because one or both of the lovers fail a test of personal mastery—having not yet sealed their own individual path in God.

Madame Butterfly

Puccini's *Madame Butterfly* tells the story of the American Lieutenant Pinkerton and his contract marriage to Butterfly, a trusting fifteen-year-old Japanese girl. These two souls symbolize twin flames. Their Eastern and Western cultures represent both the masculine and feminine polarities of twin flames as well as the gulf that separates souls who have not yet balanced their karma and must endure the pain of separation as a result.

Pinkerton, a man hardened by the world, has lost the sense of the purity of true love. Although he is attracted by the beauty and charm of Butterfly, he deliberately plans to desert her for an American wife. However, Pinkerton and his Japanese bride do share intense moments of love—their souls uniting as one flame commemorating their original wholeness in God. And the fruit of this union is the conception of a child—a symbol of their great love.

But the Lieutenant is ignorant of this development and blinded by his own selfish desires. He goes home to America, leaving Butterfly trusting in his eventual return.

Pinkerton does return, several years later—with an American wife. In her grief at this desertion by her twin flame, Butterfly takes her life.

Lohengrin

Wagner's opera *Lohengrin* illustrates the relationship of twin flames when the one who has ascended into Spirit endeavors to assist his beloved—still undergoing the tests and initiations on earth.

Elsa is falsely accused of murdering her brother, but she has absolute faith in the arrival of a knight in shining armor to save her. Lohengrin, Elsa's ascended twin flame, answers her inner call and descends from higher planes to rescue her. He glides across a lake in a boat pulled by a swan, symbolizing a God-realized soul coming from another octave.

They are married, but Lohengrin, Guru (teacher) to his twin flame, instructs Elsa that she may never ask his name. This is her great test of love—the same test Cupid required of Psyche. Neither Psyche nor Elsa could resist the temptation—both succumb to the human frailty of curiosity and discover the true identity of their lovers. Because of this disobedience, cosmic law requires their separation once again. Lohengrin returns to the plane of Spirit—there to await his twin flame's self-mastery and their ultimate reunion.

Literature abounds with famous lovers who may very well have been twin flames: Dante finally reaching the point

The Taj Mahal, built by the Mogul Emperor Shah Jahan as a tomb for his beloved wife, is a tribute to the majesty of divine love. It stands as a shrine to the eternal love of twin flames.

Shiva, the third person of the Hindu trinity, and his consort or twin flame Parvati focus the wholeness of the Father/Mother God. In the Hindu tradition, every masculine personification of God has a feminine counterpart. The masculine aspect is inactive in creation without the activating force which is Shakti, or feminine principle, who releases the potential of God from Spirit to Matter.

In order to seize the kingdom, the scheming Modred plotted against the pure love shared by King Arthur (Guru), and Launcelot and Guenevere (his chelas)—and Guenevere was condemned to be burned at the stake. As the flames leapt around her, she was rescued by her twin flame Launcelot.

As Longfellow describes Hiawatha's longing for Minnehaha, he illustrates the dynamic polarity of twin flames.
"As unto the bow the cord is,
So unto the man is woman;
Though she bends him, she obeys him,
Though she draws him, yet she follows;
Useless each without the other!"

where Beatrice could present him to Christ, Penelope faithfully tending the flame of love that draws Ulysses home from his wanderings, Evangeline tirelessly searching for her beloved, Shakespeare pouring forth his love to the lady of the sonnets, Romeo and Juliet, Launcelot and Guenevere, Tristan and Isolde, Hiawatha and Minnehaha, Robert and Elizabeth Barrett Browning. All shared a love typical of twin flames.

Even looking at the flow of history reveals the importance of twin flames. I was fascinated to learn from Mrs. Prophet that Pharaoh Ikhnaton and Queen Nefertiti were twin flames working together to bring the worship of the one God to a world floundering in the throes of polytheism. These same twin flames reembodied as King Clovis and Queen Clothilde to bring Christianity to France in the sixth century.

The Love of the Guru and the Chela

Although twin flames assume every possible relationship in order to develop love's full potential, the Guru/chela relationship is the most exalted of all. For through it the one who has attained Christ consciousness can draw his other half to God by the magnet of their love. The one who is farther along on the Path becomes the teacher of his beloved—able to use the immense power of their love and essential oneness to accelerate the consciousness of his twin flame.

This was the case with Mark and Elizabeth Prophet, twin flames who shared twelve years together in the Guru/chela relationship. Mark trained Elizabeth for the role of messenger for the Brotherhood, and together they were able to fulfill the mission of their twin flames by bringing forth the Brotherhood's teachings for the Aquarian age.

Although Mark passed on in 1973, returning to Spirit where he continues to hold the Alpha polarity of their love, his presence is vitally felt by his wife, Elizabeth, their four children—and all who support their mission. Mark and Elizabeth Prophet are a living example of the eternal love of the Guru and the chela.

Soul Mates

Not all of the beautiful and soul-fulfilling loves are those of twin flames. There is also the love of very close, kindred souls called soul mates.

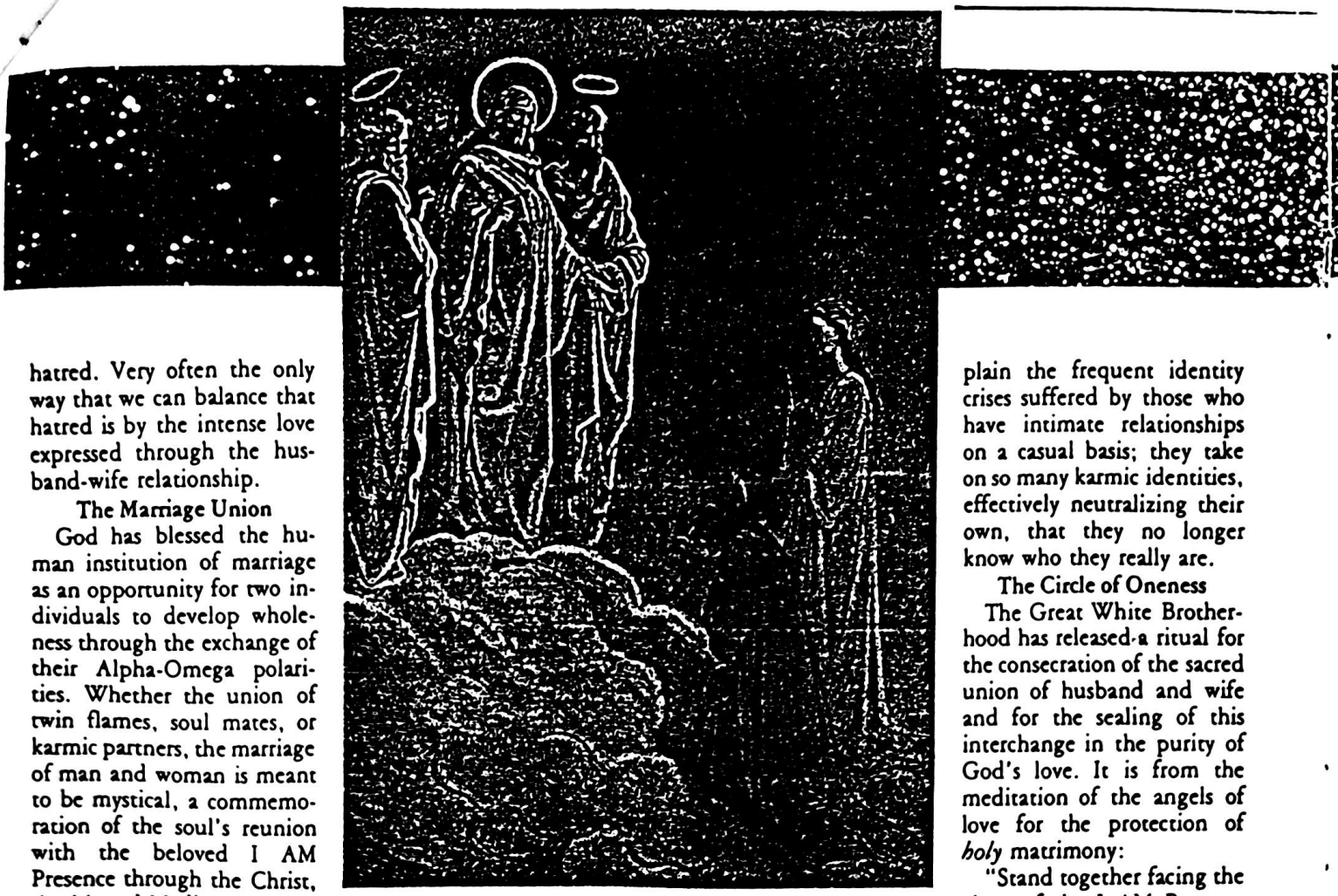
"A soul mate is different from a twin flame. Soul mates are two souls on the same side of the polarity yet in male and female bodies. They come together because they are working on the same type of karma and the same chakra simultaneously. So soul mates have an attraction that is based on the sacred labor and on the path of self-mastery. A soul mate is like the echo of oneself in Matter working at the same task to fulfill a blueprint for God."

Mary and Joseph, the parents of Jesus, were soul mates sharing the responsibility for nurturing the Christ within their son. Both of their twin flames were in the octaves of light holding the balance for their mission. Many people today who are still balancing karma but who are on the spiritual Path find themselves drawn to their soul mates for the fulfillment of a shared dharma or sacred labor.

Karmic Marriage

Besides twin flames and soul mates, a third kind of marriage relationship is frequently seen—the karmic marriage. Here, the two individuals are drawn together for the balancing of mutual karma. These marriages are often difficult but they are important in achieving mastery on the Path. The husband and wife also gain the good karma of sponsoring and nurturing their children.

Some of these marriages may give the opportunity for the balancing of severe crimes of murder, betrayal, or extreme



Only after Dante has passed through the Inferno and Purgatorio for the expiation of his sins, does he experience the divine love of the Paradiso with his true love, Beatrice. Here she presents Dante to Christ.

hatred. Very often the only way that we can balance that hatred is by the intense love expressed through the husband-wife relationship.

The Marriage Union

God has blessed the human institution of marriage as an opportunity for two individuals to develop wholeness through the exchange of their Alpha-Omega polarities. Whether the union of twin flames, soul mates, or karmic partners, the marriage of man and woman is meant to be mystical, a commemoration of the soul's reunion with the beloved I AM Presence through the Christ, the blessed Mediator.

Jesus demonstrated the importance of marriage as an initiation on the Path when he chose to perform his first public miracle at the marriage feast of Cana—changing the water into wine. The essence of his message was that unless marriage be transformed by the Holy Spirit, it will only be an outer experience. It is our choice as to whether we are content with a marriage based on the water of the human consciousness or whether we require a marriage based on the wine of the divine consciousness.

The cosmic interchange of divine love in the marriage relationship is meant to be the same creative love that framed the universe in the beginning when God as Father gave forth the command, "Let there be light," and God as Mother answered, "And there was light." This creative flow can be expressed not only in physical union but also during cycles of dedicated celibacy as each partner goes within to commune with his beloved I AM Presence.

The exchange of the energies of the sacred fire in sexual union is for the transfer of spheres of cosmic consciousness—causal bodies of light (Fig. 4). The light energy resulting from this fusion enhances the positive qualities of each of the partners and strengthens their own divine identity—enabling them to carry their shared burden of karma. As the union is consecrated to the love of God, the harmonious blending of pure Father/Mother energies yields the Son, the Christ consciousness—whether it be in the form of a child, an inspiration, a successful enterprise, or a work of art.

When this exchange is not spiritualized through a recognition that God is both the lover and the beloved, the two individuals may experience physical pleasure, but they also unknowingly take on each other's karmic patterns without the benefit of a spiritually transmutative love. This may explain the frequent identity crises suffered by those who have intimate relationships on a casual basis; they take on so many karmic identities, effectively neutralizing their own, that they no longer know who they really are.

The Circle of Oneness

The Great White Brotherhood has released a ritual for the consecration of the sacred union of husband and wife and for the sealing of this interchange in the purity of God's love. It is from the meditation of the angels of love for the protection of *holy* matrimony:

"Stand together facing the chart of the I AM Presence (Fig. 5-6) and make your inner attunement with the star of your divinity. Meditate upon your heart and the flame therein and behold the arc ascend into the center of the Divine Monad. Now take your right hand and dip it into the fires of your heart and draw the circle of our oneness around yourselves as you stand in adoration of the One. Visualize this circle, twelve feet in diameter, as a line of sacred fire. It is your ring-pass-not. Within that circle of oneness is the forcefield of Alpha and Omega; and you focus the T'ai chi, the plus and minus of energies, where you are." And the cherubim must be invoked daily "for they are the guardians of love in the planes of Mater."

A vital mission awaits those whose energies are in harmony with divine love.

As Mrs. Prophet relates: "I have seen twin flames whose love was never abated, who could hold the balance for an entire city and whose daily invocations would be the transmutation of hatred and of crime and of murder, holding that inner balance. . . .

"This is an high and holy calling. It's not for the mundane who desire the pleasure cult and its sensuality. This is the real inner path for those who understand that there is a cosmos aborning within us, that there's a world to be saved, that millions of souls need our love and therefore it can never be a selfish love."

In the cynicism of our age, however, we've lost the sense of the power of pure love. We no longer have the buoyant, joyous attitude toward life where each day is a new opportunity to give our love as a unique gift to those around us.

Sharing the most exalted of all relationships between twin flames—that of Guru and chela—Mark and Elizabeth Prophet embody a love dedicated to lifetimes of service to the Great White Brotherhood which transcends the bounds of time and space. This is the love that you have always shared with your twin flame.

Too often we underestimate our ability to transform lives through our example.

Djwal Kul, known throughout the world as the Master D.K., once related this story of the miller and his wife.

"There lived by the sea a gentle soul who was a miller. He and his wife served together to grind the grain for the people of their town. And it came to pass that in all the land there were no communities where so much happiness reigned as there. Their countrymen marveled and wondered, for they recognized that something unusual must have happened to make the members of this community so singularly wise and happy. And although the townsfolk themselves were born, grew up, matured to adulthood and passed from the screen of life within the community, never in all of their living were they able to understand the mystery.

"Tonight I shall draw aside the curtain and tell you what made the people of this community so happy and prosperous, so joyous and wise.

"It was the service of the miller and his wife and the love which they put into the flour. For this love was carried home in sacks of flour on the backs of those who patronized their mill and was then baked into their bread. At every meal the regenerative power of love from the miller and his wife was radiated around the table and it entered their physical bodies as they partook of the bread. Thus, like radioactive power, the energy of this vibrant love from the miller and his wife was spread throughout the community.

"The neighbors did not know the reason of their happiness and none of the people were ever able to discover it. For sometimes—although they live side by side—mankind are unable to pry the most simple secrets about one another."

Aquarian Age Alchemy

Even as the miller and his wife silently communicated their love to others, you and your twin flame also influence countless lives around you through your "radioactive" thoughts, feelings, and actions. You have an opportunity to assist life or to place a burden upon it—either by interacting with the negative energy of your past karma cycling to the surface of your consciousness or by recognizing this energy as a challenge to your harmony and love and transmuting it.

The key to transmuting or changing past karma and fulfilling your mission with your twin flame is the violet flame, a spiritual energy given by God to man for his acceleration into the Aquarian age. This action of the Holy Spirit transforms negative energy—anger into love, irritation into peace, suspicion into trust—so that you can influence life positively as you work toward your ultimate victory on the Path.

When you visualize this violet flame and call it forth into your consciousness, it instantaneously begins to change negative energy patterns accumulated over thousands of lifetimes. You can begin to experience feelings of joy, lightness, and hope. It's as if your entire consciousness were being dipped into a chemical solution of purple liquid which dissolves the karma of centuries.

This is the dispensation many people have been waiting for. This is why we've been evolving these tens of thousands of years, why we have gone through all of the understanding of God the Father and God the Son. Now we come to the Holy Spirit energy, the sacred science of alchemy, of self-transformation—through the violet flame.

The Great White Brotherhood has released a violet flame mantra for the Aquarian age: "I AM a being of violet fire, I AM the purity God desires." "I AM" is the affirmation of the God within, the I AM Presence—the same Presence who declared to Moses "I AM THAT I AM"—"This is my name for ever, and this is my memorial unto all generations." Daily immersing ourselves in the cleansing energy of the violet flame is the quickest and most effective way to maintain our harmony and accelerate our consciousness for our ultimate reunion with God and our twin flame.

This is the baptism of the Holy Ghost that was prophesied in the New Testament by John. This is the gift of God for the Aquarian age. This is how the days are shortened for the elect—for the homeward journey, the overcoming of the round of the wheel of rebirth.

The Yearning for Wholeness

The oncoming Aquarian age is an age for the understanding of God's energy in polarity as the masculine and feminine principles of the universe. How we experience that energy as our true identity, how we understand it as the essence of twin flames, and how we use it as the integrative power of divine love for the betterment of mankind will determine whether or not we survive as individuals and, ultimately, as a human race.

You may be reading this article because the only thing that stands between you and your twin flame is a layer of negative energy just waiting to be consumed by the joyous, bubbling action of the violet flame.

Your mission, your twin flame, and your ultimate reunion in the heart of God await you!